

Spring 1993

Beacon Light: Spring 1993

St. Cloud Hospital

Follow this and additional works at: https://digitalcommons.centracare.com/beacon_light



Part of the [Organizational Communication Commons](#)

Recommended Citation

St. Cloud Hospital, "Beacon Light: Spring 1993" (1993). *Beacon Light*. 286.
https://digitalcommons.centracare.com/beacon_light/286

This Newsletter is brought to you for free and open access by the CentraCare Health Publications (Newsletters, Annual Reports, Etc.) at DigitalCommons@CentraCare Health. It has been accepted for inclusion in Beacon Light by an authorized administrator of DigitalCommons@CentraCare Health. For more information, please contact schlepers@centracare.com.

BEACON

Light

A QUARTERLY PUBLICATION OF ST. CLOUD HOSPITAL

Marlin Crider remembers April 3, 1992 very well.

That's the day he had quadruple bypass surgery at St. Cloud Hospital (SCH).

The 56-year-old maintenance assistant for the City of Clarissa had noticed that his lower jaw hurt. He also had felt tightness in his throat and a squeezing sensation in his chest. "But I learned to live with the pain. I thought it was just high blood pressure," he said. One day last March, he decided to have his condition checked.

Marlin had an ECG (electrocardiogram) test done at his local clinic in Eagle Bend and was instructed to see Dr. Freeman in Staples for a stress test immediately.

David Freeman, M.D., had the day off, but went in to conduct the stress test for Marlin. Dr. Freeman confirmed the earlier suspicion of heart problems and suggested Marlin travel to St. Cloud a couple of days later to be seen by a cardiologist at SCH.

Being able to have the tests done close to home was a major benefit for his wife, Joanne, as well. She was able to travel back and forth 75 miles to St. Cloud several times, avoiding the cost of overnight stays.

Marlin saw Marianne Serkland, M.D., a cardiologist with the Central Minnesota Heart Center at SCH. She ordered an angiogram, which showed that Marlin had two heart arteries blocked 100 percent, another blocked 70 percent, while a fourth artery was blocked 80 percent.

"Being close to home was important for me. For instance, the nurse who took care of me during my angiogram was a woman who had attended school with me at Eagle Bend High School. That made me feel better, knowing I was being cared for by someone like Alice," Marlin said.

"I found out that day an angioplasty would not work to solve the plaque build-up in my

arteries. I needed surgery, Dr. Serkland told me," Marlin said. He and Joanne talked about it all the way home to Clarissa that night. Surgery was set for April 3 with Richard Rucker, M.D., a cardiac surgeon at the Central Minnesota

normal after surgery. And the volunteer told Marlin that he (the volunteer) felt better after having had the surgery.

"That visit helped reassure me," Marlin said. Dr. Rucker also visited Marlin to explain all the

"A friend asked me if the rehabilitation was a good thing, and I said that it sure was," Marlin said. "Being able to exercise in a controlled place and under the eyes of nurses, I knew how much physical activity I could do safely. That was important for me to know, and helped keep me from worrying whether or not I was overdoing it at home," Marlin said.

Once again, his treatment was carefully coordinated between St. Cloud, Staples and the clinic in Eagle Bend. "I even found out that a bus would take me to and from Staples for my treatment for one dollar each way. That was a pretty good deal, even though Joanne drove me there and back," Marlin said.

Five months after the surgery, Marlin said he felt good. He had a CT scan; it showed that nothing was wrong and that he could go back to work. "I can't wait," he said with a twinkle in his eye.

Marlin even felt well enough to travel to Tennessee with Joanne last August to visit their son, Steven, and his family. "I just can't say enough good things about St. Cloud Hospital and all the good care I got there, in Staples and at Eagle Bend," he said.

CARE NETWORK HELPS PATIENTS GET HEART SURGERY NEAR HOME

Heart Center. "Amazingly, I was able to stay calm during that 10 days leading up to surgery. Dr. Serkland told me not to exert any physical activity and not to go to work, so I had plenty of time to think about it. The way Dr. Serkland explained things to me made it easier for me to stay calm. Believe me, I'm not ordinarily that way — I get excited pretty easily. But Joanne and I decided on the way home from St. Cloud that we would somehow get through it — and we have," Marlin said with a smile.

One thing that helped Marlin get through it was the help of volunteers at St. Cloud Hospital. On the first day Marlin checked in for his surgery, a volunteer visited him. The volunteer was a man who had heart surgery himself. He told Marlin that his life would be more

"I appreciated the way that everything was all linked together, so that I got all the care I needed without ever having to leave this area."

risks involved. "He answered all my questions," Marlin said. A videotape helped explain the surgery. "It looked to me like you couldn't die from this surgery if you wanted to; all these machines were going to make sure you stayed alive," Marlin said.

The day after surgery, Joanne called SCH from Clarissa. She asked the nurse in the Intensive Care Unit how Marlin was doing. "He's doing fantastic. Do you want to talk with him?" the nurse asked Joanne.

"That was such a relief to me. And sure enough, on the fifth day following surgery, he was able to come home," Joanne said.

Once home in Clarissa, Marlin traveled 20 miles three days a week to the Greater Staples Hospital for cardiac rehabilitation. His program lasted about six weeks.

CONTENTS

Charitable Services	2
ETC Trauma Registry	2
Nurses Making a Difference	3
Cancer Study	4
Interpreter Service	5
Hospital Recycles	5
Pool Therapy	6
Gifts, Memorials.....	7

ETC TRAUMA REGISTRY ESTABLISHED

A trauma registry has been established in St. Cloud Hospital's (SCH) Emergency Trauma Center.

The registry will be a comprehensive data base on trauma patients. Information gathered through the registry will allow health care professionals to analyze and evaluate the quality of patient care given to the trauma patient at SCH.

In addition, the registry will allow SCH to network with other state and regional trauma registries. The network will be used to compile data and statistics statewide. Information will be used for the research and development of educational programs to promote public safety.

"A trauma center is a place to send a person who has been seriously injured," explained Mary Greener, trauma registry coordinator. "The bulk of trauma patients at SCH have been injured in a motor vehicle accident. The intent of a trauma registry system is to decrease morbidity and preventable deaths as well as insure rapid delivery of quality care to trauma victims."

When the registry is fully operational, Greener will collect information about the types of injuries, demographics, pre-hospital and hospital experience. Then she will review charts against the standards of care established by the American College of Surgeons.

Volunteers TREASURES FOR ALL SEASONS

Approximately 500 volunteers contributed more than 62,000 hours to St. Cloud Hospital last year. Their generosity, spirit and selfless caring help make St. Cloud Hospital a place where patients feel they are treated as individuals. Each volunteer is a treasure, and we appreciate every one of them.

If you are interested in volunteering at St. Cloud Hospital, contact Barbara Brown at (612) 255-5638.



COST OF CHARITABLE SERVICES REACHES

In Fiscal Year 1991-92 St. Cloud Hospital (SCH) provided more than \$12 million in charitable services. This figure is based on actual costs to the hospital, not charges.

Providing community health care services for the poor and the needy is founded in the religious tradition of the hospital. Its commitment goes beyond local community. SCH has strong ties to the region and is taking a leadership role to ensure the region's health care needs are met.

Many of the services provided do not necessarily generate the revenue needed to cover the costs of providing those services.

For instance, reimbursement for patients who are on public programs such as Medicaid and Medicare is extremely limited and does not cover cost.

1991-92

Unpaid Costs of Medicaid
\$4,013,815

Unpaid Costs of Medicare
\$5,673,047

Another example is the Mid-Minnesota Health Clinic (MMHC). The clinic was established to provide primary health care for the uninsured and underinsured. Of the \$491,722 it cost to operate the MMHC, only \$181,877 in revenue was generated leaving unsponsored costs totalling \$309,845.

THE FOLLOWING FIGURES
FOR CHARITABLE COSTS
WERE RELEASED IN THE
ST. CLOUD HOSPITAL SOCIAL
ACCOUNTABILITY REPORT
(FY 1991-92).

FISCAL YEAR	UNSPONSORED COSTS
1991-92	\$12,375,180
1990-91	11,498,481
1989-90	6,823,932

SCH provides other benefits to the broader community. The following highlight some of those benefits:

• Health Education/ Promotion/Prevention

Bicycle Helmet Program: SCH and the Minnesota Head Injury Association provided 2,300 low-cost bicycle helmets to St. Cloud children and their families. Education efforts included a police officer and rehabilitation specialist who visited kindergarten through fourth grade classrooms to discuss bicycle safety, accidents and head injuries. Surveys showed an increase in helmet ownership totalling 34 percent of the student body. The helmet program cost the hospital

\$50,254, of which \$38,000 was recovered in receipts from the sale of helmets.
Speakers Bureau: As a public service, more than 300 presentations were made to area schools, community and business groups at a cost to the hospital of \$19,000.
Chemical Health Specialist in School District 742: School District 742 and the hospital's Recovery Plus Chemical Dependency Services unit jointly funded a full-time chemical health specialist. This service cost the hospital \$20,353 in salary and benefits.

Community Education: The hospital provided educational classes. More than 2,000 participated at a cost of over \$34,000 of which \$28,000 was recovered through participant fees.

• Meal/Nutrition Services

Home Delivered Meals: The homebound and elderly were served approximately 21,000 meals in this program partially funded by the St. Cloud Area United Way. This program is not funded by the state or federal government.

• Counseling

Senior Helping Hands Services: This program is for older adults experiencing substance abuse or mental health problems. It is funded by SCH, St. Cloud Area United Way, the Council on Aging and donations.

Medicare/Medicaid Assistance Program: Hospital volunteers counsel seniors about insurance issues. It is co-sponsored by the American Association of Retired Persons (AARP).

Reach to Recovery: Specially trained volunteers visit post-surgery breast cancer patients.

Mended Hearts: Trained volunteers make pre and post surgery visits to heart surgery patients.

Social Services: Hospital social workers provide discharge planning services, supportive counseling, financial counseling and education to hospital patients.



In front of the hospital is a statue of Father Pierz ministering to a pioneer and a native American. Although a century has passed and the world has changed, the mission of providing care to the community remains paramount at St. Cloud Hospital, which is sponsored by the Diocese of St. Cloud and the Sisters of the Order of St. Benedict.

• Family Support

Spiritual Care Services: The Spiritual Care department contributed 1,300 hours of unpaid community service in the form of presentations, spiritual care and counseling.
Lifeline: This personal response system provided nearly 200 people with the security and independence to live alone.

• In-Kind Donations and Services

Living Will Distribution and Assistance: Approximately 500 health care declarations, or "living wills" were prepared free of charge. This service cost the hospital more than \$6,300 in staff time and materials.
Infant Car Seat Rentals: Infant car seats were rented for a nominal fee; 920 parents participated in the program.
Subsidized Lodging for Patients and Visitors: This service provides subsidized hotel rooms for patients and visitors. It cost more than \$11,500.

This summary includes only a portion of the services SCH provides to the community and the surrounding region. Some are designed specifically to meet the health care needs of the poor while others are designed to provide services based on other criteria, like the safety of children; independence to the elderly; and information and support services for families. It is through its leadership and ongoing commitment to the people of the region that SCH provides these services.

Each year the Minnesota Organization of Nurse Executives presents an award to one nurse from each of seven regions in the state.

The award is called the Nurses Make a Difference Award. Nurses are nominated for the award by letters from patients or their families.

In 1992, the award for the region which includes St. Cloud was won by a St. Cloud Hospital nurse, Judy Johnson. She was one of six St. Cloud Hospital nurses nominated.

Comments from the nominating letters are included below.

Nurses Make A Difference



Judy Johnson, oncology (winner in our region)

From a patient, "She gives one the impression she is on duty because she wants to be, not that she has to be. She has a special quality, she is able to calm a person just by her presence. She is extremely capable in

all her tasks. I had peace of mind just knowing no matter what came up she would be there able to take care of it."

From a family member, "Judy was so very kind and patient with my sister-in-law, holding her in her arms, administering to her immediate needs, encouraging her with a calming effect. When she entered the room, we inwardly relaxed as we watched this 'angel of mercy' go about her business. Never will we forget her quick smile, her humor, her perfected nursing skill and her wisdom. Judy Johnson is truly a remarkable nurse."



Connie Peltzer, home care

From a patient, "I am convinced that Connie's diligence and creative methods of handling my care have enabled me to regain the use of one leg. Her speed in assessing my condition saved me precious time and pain. She is concerned with my healing process, but always considers my comfort. I look forward to her visits; she always has a big smile and something interesting to tell me; she perks up my day."



Sally Pitzen, hospice

From a family member, "Sally brings worlds of joy through her warm, loving ways. Sally is a very compassionate person. She gives so much of herself; if you could only see how she is with our son, Justin, you could see the warmth, compassion, and creativity she uses in caring for him. Our whole family thanks her for being so pleasant and loving."



Jackie Peterschick, same day surgery

From a family member, "Jackie was there to support, nurture and give me the strength I needed to make it through the nightmare that was happening to my son. The care, love and understanding are something I will always be thankful and grateful to Jackie for giving. She is a dedicated professional and a real asset to her profession. I have the highest respect for her and truly feel she does make a difference."



Rosalie (Mader) Timmers, private nurse

From a patient, "I want to pay tribute to a nurse that made a difference between life and death for me sixty years ago. I can't remember Rosalie ever taking offense over any of my growly performances. She took care of me like a mother. She attended to my spiritual as well as my physical needs. It was her spiritual motherhood on top of her nursing care that saved my life."



Kris Knutson, obstetrics

From a patient, "In 1988 I delivered a full term stillborn daughter. Kris came in and told me she would be taking her to measure, weigh and take photographs of her; she also took footprints of her. I have all of these records in my home and cherish them greatly. When she was finished, she brought my daughter to me so 'mom and daughter can spend some time together'. She was so trustful, comforting and very sympathetic. I feel this was a very special nurse; the understanding poured out from her."



Polly Brambrink, oncology

From a patient, "She was most caring and went beyond her call of duty to make me comfortable. When I couldn't eat, she took me down to the kitchen on 5 South to see if there wasn't something there I might like. Above all she was sincere. She cared! She could make a difference in the lives of many patients, as she was very competent as well."

NEW CT SCANNER REPLACES OLDER TECHNOLOGY

St. Cloud Hospital's Somatom Plus-S CT Scanner is "the latest in technology," according to Mary Super, radiology director. The \$1.2 million scanner helps to localize problem areas faster and with greater detail. Physicians use its images to assist them in doing biopsies, nerve blocks and critical care.

Patients are placed on the scanner table which moves through the scanning apparatus or gantry. The scanner makes single, rapid, continuous images of an area of the body while the table is being advanced; this is called a spiral scan. Images can be produced on several different planes; therefore, the need for repositioning a patient or sedating a patient is lessened. This procedure allows more time for patient care and diagnosis.

Plus, fast exam times make it much easier to accommodate emergency and urgently needed cases. For example, Super explains, "on the older technology a routine head scan would have taken a half an hour compared to five minutes on the new scanner. Speed is crucial for pediatric, ICU and trauma patients." It allows for faster, easier and safer examination of patients.

SCH radiologic technologists, like Super, are certified by the American Registry of Radiologic Technologists (ARRT).

Radiologic technologist Tom Steil administers a patient scan on the hospital's new \$1.2 million CT Scanner.

STUDY

INDICATES GREATER THAN EXPECTED INCIDENCE OF SECOND CANCERS

At any time a number of cancer studies are taking place at St. Cloud Hospital. Usually the results confirm existing studies, but sometimes the results are surprising.

That's the case of a recent study conducted by Dr. Harold Windschitl of the St. Cloud Clinic of Internal Medicine*. The study identified St. Cloud Hospital patients who have survived a first primary cancer only to develop an unrelated second primary cancer.

According to Dr. Windschitl's study, patients who have cancer have a 50 percent chance of surviving. However, those who survive the first cancer also have a 50 percent risk of developing a second, unrelated cancer. Therefore, over time, 25 percent of all cancer patients will eventually develop a second cancer.

"This is a higher number than we expected," Dr. Windschitl said. "There really isn't anything in the literature to suggest that we should have such high rates of second cancers. Usually, if a patient survives cancer and hasn't had any recurrence for five years, we say that the patient has no more chance of getting cancer than any other person. This study disputes that."

The study uses information on 4,588 cancers entered into the data base at the hospital's Oncology Data Center. The records are from patients seen at the

hospital between January 1, 1986 and December 31, 1991. Of those patients, 388 have multiple primary cancers. This number is limited because a large number of patients in the data base have not yet been observed long enough to develop a second cancer. As the data base matures, more of the patients represented within it are expected to develop second cancers.

"Within this study we use the term second cancer to refer to a cancer that

"At this time the strongest observation I can make is that when cancer has been found in a patient, the increased risk of the development of another cancer strongly suggests life-long surveillance for cancer."



was found to be totally unrelated to their prior cancer that was separated by time, space and appearance," Dr. Windschitl said.

Common first cancers are also common second cancers the study shows, with prostate cancer being the most common second cancer. Second cancers tend not to occur in the same organ system, with the exception of breast cancer which has a particularly high incidence of recurrence in the second breast.

"We need to continue studying this data so that we can make further observations," Dr. Windschitl reported. "As the hospital's data base matures we will have more information to work with."

*Copies of the study, *Multiple Primary Observations at St. Cloud Hospital*, prepared by Harold E. Windschitl, M.D., are available from St. Cloud Hospital's Communications Department at (612) 255-5652.

Cancer Rates Increasing

The following was written by Minnesota Society of Clinical Pathologists president Richard W. Anderson, M.D., and is excerpted from the *Minnesota Cancer Surveillance System Notes* newsletter.

Nationally, incidence rates for all cancers combined have been increasing. Similarly, age-adjusted incidences of all cancers combined have increased in both the metropolitan and northeastern tri-county (Cook, Lake, and St. Louis) areas of Minnesota—from 361 to 447 and from 376 to 397 per 100,000 in metropolitan and northeastern males (respectively) and from 289 to 333 and from 297 to 333 per 100,000 in metropolitan and northeastern females (respectively). The incidence for all cancers combined is the composite of the incidence of all the various types of cancer, some of which have increased and some of which have decreased in incidence over the past 20 years.

Cancers whose incidence has increased in the past 20 years are lung, breast, prostate, melanomas of the skin, and non-Hodgkin's lymphomas. Rates have been decreasing for stomach and cervical cancers. Nationally, lung cancer incidence in males has leveled off, while incidence in females continues to rise. Incidence of lung cancer in Minnesota females has tripled since the early 1970s. Breast cancer incidence in Minnesota has increased about 25% in the past 15-20 years, but breast cancer mortality rates have remained essentially unchanged for several decades. The incidence of prostate cancer has shown dramatic increases nationally. This trend is also visible in Minnesota data, with a 19% increase in prostate cancer over just the two year period between 1988 and 1990. Incidence of skin melanomas has more than doubled in Minnesota since the early 1970s, similar to the national trend. The incidence of non-Hodgkin's lymphomas has increased about twofold in metropolitan and northeastern Minnesota, similar to what has been observed nationally. The incidence of stomach cancer in Minnesota has decreased by more than 40% since the early 1970s, a decrease similar to the national trend. The incidence of invasive cervical cancer for Minnesota in 1988-90 was less than half the incidence in the early 1970s. There has also been a significant decrease in the incidence of cervical cancer nationally.

The increase in life expectancy and the high rates of cancer incidence in the elderly will combine to make cancer a major health care issue in the future.

INTERPRETER SERVICE

BREAKS

THE LANGUAGE BARRIER

Imagine having access to a language interpreter in just moments. That's exactly what the new "language line" does for non-English speaking people who require services at the St. Cloud Hospital (SCH).

In the past, SCH has had to rely on the availability of area interpreters to assist in the communication of medical procedures and hospital policies. This procedure was time consuming and costly.

The new service provides almost instantaneous access to an interpreter 24 hours a day, seven days a week. Simply by dialing a number, hospital personnel can assist non-English speaking persons virtually anywhere, whether it's at the information desk, admitting, or the emergency room. Speaker phones have also been installed on various nursing units to help

translate information to patients at all stages of their care.

Furthermore, the AT&T language line is more cost effective. An on-site interpreter is paid \$60 per hour. Some of the interpreter's time might be spent waiting for a procedure. The language line costs \$50 per month plus \$2.50 per call. Diana Heinen, telecommunications team leader, says the hospital was able to take advantage of this service because of a promotion offered through its membership with Voluntary Hospitals of America, Inc. (VHA).

Heinen says the Mid-Minnesota Health Care Clinic especially will find the language line helpful because it serves many non-English speaking clients.

HOSPITAL RECYCLES FOOD WASTE

In collaboration with a Twin Cities area pork producer, St. Cloud Hospital is recycling the hospital's food waste. "It's a true recycling loop," says Kris Peterson, nutrition services director. There are no secondary non-recyclable by-products. Everyone benefits. The hospital saves money in disposal costs; the farmer saves money in feed costs; and the community benefits by a reduced need for landfill space.

In addition to its cost saving features, it is a fairly simple process. All edible food by-products from plate waste, vegetable trimmings, bones, other scraps and outdated unused foods are separated from non-recyclable solid waste, then placed into 32-gallon containers which are picked up by the farmer. At the farm the waste is cooked, then cooled before being fed to the pigs. The entire process is done under the supervision of the Minnesota Department of Agriculture. Regular inspections are conducted by federal inspectors.

Since the program began last October, there have been no problems, no pitfalls. The only difference in the day-to-day handling of food waste is putting it into a different container. "Employees were excited about the program," explains Peterson. "They did not like to see food wasted. It is particularly beneficial to divert food waste into a useful purpose."



EDUCATION FOCUS OF HEART MONTH ACTIVITIES

With a commitment to educate staff, physicians and the general public, the Central Minnesota Heart Center (CMHC) planned several activities to celebrate Heart Month in February.

On February 9, 107 physicians and nurses attended a CMHC symposium on coronary artery disease and related topics. Participants learned about the regression of heart disease, heart disease in women, new advanced cardiac life support guidelines and medication treatments for heart disease. The symposium was also a good opportunity for Central Minnesota health care providers to network with each other.

The "Heart to Heart" Open House on February 12 piqued the interest of employees and volunteers as they browsed through the CMHC literature and talked to staff from several areas including: surgery, cardiac rehab, critical care nursing, cath lab and nutrition to name a few.

To broaden its educational base to the general public, the CMHC sponsored a community health night at Whitney Senior Center on February 23. About 175 people listened as Dr. John Mahowald, cardiologist, and Dr. John Teskey, cardiac surgeon, unfolded the mysteries of heart disease and its effects on patients and their families. Participants were offered a free blood pressure check and were encouraged to take materials available on heart disease.

The CMHC staff took its show on the road, conducting "Lunch-n-Learn" sessions with professionals in five outlying Central Minnesota communities. These sessions further supported CMHC's mission of educating staff and the public as well as caring for patients.

DIALYSIS SATELLITE CENTER OPENS AT ST. JOSEPH'S MEDICAL CENTER

Thanks to an alliance between St. Joseph's Medical Center of Brainerd and St. Cloud Hospital, fewer people are commuting out of the central lakes area three times a week for kidney dialysis.

The idea for the alliance started when it became apparent to SCH staff that they were treating a significant number of dialysis patients from the Brainerd area. There were no services available for those patients in their own communities.

Because of the lack of services, patients have had to make major changes in their lives. Some have sold their homes and moved to St. Cloud in order to make dialysis treatment more easily accessible.

This new arrangement with St. Joseph's allows patients to keep their same physicians. Board-certified nephrologists Dr. Bill Cowardin, Dr. Jim Fitzsimons and Dr. Tom Leither will provide care for patients in the dialysis unit.

Each medical center plays an important role in successfully serving these patients. St. Joseph's dedicates space for the unit as well as janitorial, housekeeping and routine maintenance. SCH provides all equipment and staff. Policies and procedures are those of SCH.

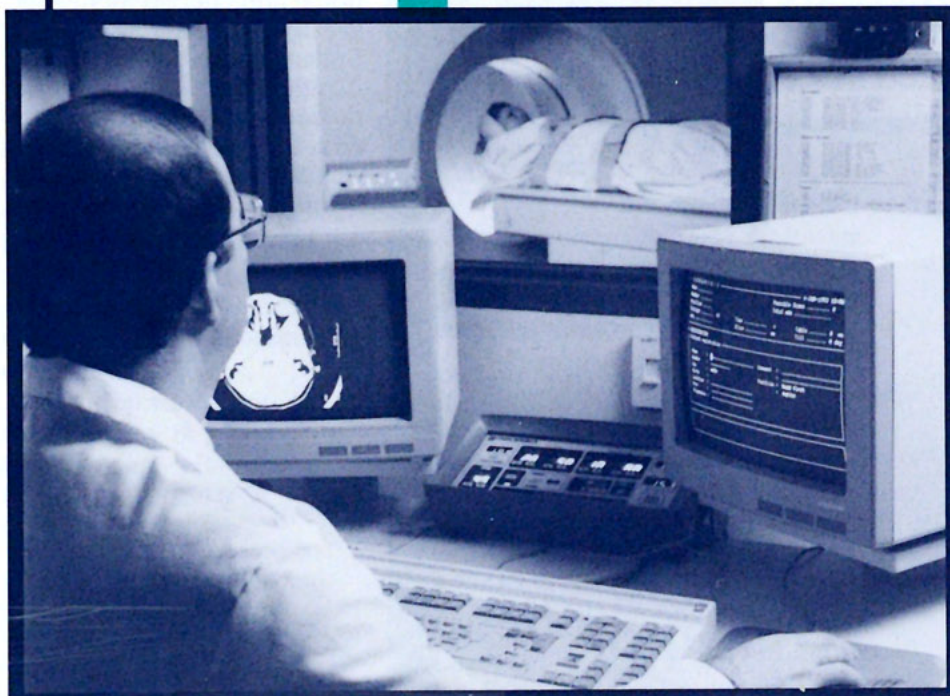


WAY-OFF BROADWAY HITS ST. CLOUD AGAIN

Come out and enjoy an all new "Way-Off Broadway Revue" to benefit the Mid-Minnesota Health Clinic. The shows are slated for June 10 and 11 at 8 p.m., Stewart Hall Auditorium.

The New Tradition Theatre Company, under the direction of Brian Martinson and Krista Scott, will take on all aspects of producing a stunning, new, full scale Broadway musical production. Don't miss it.

Ticket information is available from the SCH Communications Department, (612) 255-5652. Call (612) 255-6605 if you want to be involved with the production. Volunteers welcome.



BEACON BITS

NATIONAL AWARD GOES TO CANCER UNIT

The "Look Good...Feel Better" program based in St. Cloud Hospital's Oncology unit received a national honor citation from the American Cancer Association. The citation is one of five awarded nationally to cancer programs for excellence in a particular area of cancer care. The hospital's award is in the Service/Rehab division. The "Look Good...Feel Better" program uses volunteer licensed beauticians and hairdressers to help cancer patients maintain a positive self-image.

Lori Gardner, RN, OCN, and the Greater St. Cloud Service/Rehabilitation chairperson for the Greater St. Cloud Unit of the American Cancer Society organized the project. She previously received an Outstanding Achievement Award from the American Cancer Society of Minnesota for her work in developing support groups for cancer patients and their families.

LABORATORY CERTIFIED

The laboratory at St. Cloud Hospital was awarded a two-year accreditation by the Commission on Laboratory Accreditation of the College of American Pathologists (CAP) based on results of a recent on-site inspection.

The CAP Laboratory Accreditation Program is recognized by the federal government as being equal to or more stringent than the government's own inspection program.

Inspectors examine the records and quality control of the laboratory for the preceding two years, as well as the education and qualifications of the total staff, the adequacy of the facilities, the equipment, laboratory safety, and laboratory management to determine how well the laboratory is serving the patient.

POOL THERAPY ACCELERATES PROGRESS

The Rehabilitation Department's new pool therapy program is using a swimming pool to help patients make progress. Treatment sessions can be shorter in length compared to sessions on land with equivalent benefits. The buoyancy of the water gives patients more mobility and, at the same time, provides resistance.

This method is used to decrease pain, reduce spasticity, and increase strength and endurance, said Barb Phillippe, physical therapy assistant, and Shellie Meske, physical therapist, of St. Cloud Hospital's Rehabilitation Department. Those

participating in the program have various diagnoses including: low back, neck, and shoulder injuries; spinal cord injuries; head injuries; stroke and other neurological disorders.

It is easier to strengthen muscles in water because the effect of gravity is less noticeable. Patients who have decreased muscle strength can use the buoyancy of the water to assist their movements. With other patients who have decreased mobility because of pain, the warm water helps to decrease the pain and allows them to move more freely.

At first, some patients are afraid of the water; but, with the therapist's involvement, patients quickly gain confidence. One patient was initially reluctant to try pool therapy. Now she is confident enough to work in the deep end.

Other patients are afraid of falling when working on land. With pool therapy the water can be used to assist balance and to help patients overcome their fear. The benefits of overcoming fear increase self-confidence and self-

esteem. Thus, the pool helps individuals develop a sense of freedom and accomplishment.

Along with easier movement, water exercise provides the benefit of a full body workout as well as exercise for a specific muscle group.

Currently, all patients involved in the pool therapy program are outpatients. They need to arrange for their transportation to the pool at the Y.M.C.A. They also need to be able

to dress themselves or be with someone who can provide the necessary assistance. To become involved in the program, a patient needs a physician's order for aquatic therapy. Earl Pederson, director of Rehabilitation, hopes to see the pool therapy program expand to include inpatients from the hospital, pre and post-natal women, and post-operative total hip and knee patients.



Barb Phillippe, PTA, spots patient John Smieja as he emerges from the pool after a therapy session.

Therapists use various techniques to promote relaxation and decrease spasticity. One of the techniques used in the pool is "Bad Ragaz". Patients lie on their backs in a floating position as the therapist glides them through the water. Therapists also utilize a variety of equipment including flotation devices, weights, and stretch cords. Other equipment enables easy access into the pool. Stairs, ladders and a hydraulic lift are all available and used based on the patient's abilities and comfort level.

WARM WATER THERAPY MAKES WORK OUT OF PLAY

We take a social approach to therapy. The patient sees fun; we see exercise," said Cheryl Peters, recreation therapist at the St. Cloud Hospital (SCH).

The goal of recreational therapy is to get the patient back into the community enjoying leisure activities using community resources. That goal is accomplished by incorporating specific movements into various recreational activities. Warm water therapy is just one technique.

Warm water therapy uses flotation devices to stabilize the upper body in order to work the lower body through walking, jogging and dance exercises. Warm water at 92-96 degrees makes patients feel more comfortable and less apprehensive while stretching. They have more mobility and can use smaller muscles. During a therapy session patients stretch, work on toning, strengthening and endurance. Therapists supervise and make suggestions for appropriate body mechanics and pace. The sessions are very individualized.

Two groups—a women's group and a men's group—attend warm water therapy three days a week. The women's group, directed by Peters, is composed largely of patients who suffer from fibromyalgia, a soft tissue syndrome with symptoms similar to arthritis. The men's group, directed by Jake Kalkman, recreation therapist, is made up of



Barb Phillippe, physical therapy assistant, uses a technique called "Bad Ragaz" on patient Nola Sprik.

patients who suffer most commonly from back, neck and shoulder injuries. Both Peters and Kalkman are certified aquatic exercise instructors.

Other patients benefit from warm water therapy, too. For many years recreation therapists have been taking patients from the Mental Health and Recovery Plus units into the community for swimming. For instance, patients who suffer from anorexia have a poor body image. Going to a public pool increases self-confidence and is very therapeutic.

Other mental health patients and patients recovering from drug or alcohol addiction need to find new and healthier ways to spend their leisure time.

The strength of the hospital's rehabilitation program lies in its team approach. "We all help the patient work toward the same goal; we just work to accomplish it in different ways," said Peters. Physical therapists reach their goal through repetition, occupational therapists through daily life activities, and recreational therapists through play.

Gifts and Memorials

St. Cloud Hospital acknowledges the following individuals and organizations who have supported our mission of caring from July 1, 1992 through December 31, 1992. Contributors' names are listed following the name of the person to whom they pay tribute or purpose they support.

Gifts of Life

CARDIAC

PIERCE L. OLSON
Artistic Styles, Inc.
Larry Asplin
Rita Bartlett
Mr. & Mrs. Ronald Coborn
Michael & Pamela Dille
W. F. & Margaret Fure
Mr. & Mrs. Allen Luckemeyer
Delores Olson
Mr. & Mrs. Donald E. Palisch
Katherine Pattison
Jack & Margaret Rice
Donna Sakry
Sank Rapids Dairy
Virginia Studer
Thomas & Mildred Varner

GREATEST NEED

Mr. & Mrs. R. L. Sporleder
Dorothea Reif
JERRY CANFIELD
Don & Joyce McCann
MARY LINN KNEVEL
Esther Reichel
ARNOLD LICHY
Julia R. Lichy
NELL O'BRIEN
Bonded Collections of
St. Cloud, Inc.
W. E. & Virginia Clemens
Robert & Ardelle Gustafson
Thomas & Janice Mertz
Leo & Valeria Rahm
Arthur & Janet Redding
Paul & Patsy Schelske
ESTHER POST
Dawn Hansen

IMAGING SERVICES

Donald & Geraldine Palisch

ONCOLOGY

DON PITT
Muriel Pitt

SCH MEDICAL LIBRARY

BEATRICE JONES HANSEN
SCH Lab Employees

HOSPICE

In honor of 70th Anniversary
PAUL & ROSE ESSER
Dick & Joane Liffing

IN MEMORY OF

ANASTASIA ARNOLD
John Bolstad, Jr.
CYRIL BOTZ
Esther Botz
DOROTHY CARLSON
Mr. & Mrs. A. J. Ament
Elvira Buzicky
Art Carlson
Doug Dingmann
Caroline Hagedank
Mr. & Mrs. Keith Olson
ROBERT CRAIK
Mark & Nancy Nelson
Mr. & Mrs. George Reisdorf
PETER DeCICCO
Loretta Pilepsen
ANTONIA ETHEN
Glen & Betty Orren
EDWARD ETHEN
Glen & Betty Orren
J. S. FLADEBO
Nick & Idalene Adams

CAROLINE FUCHS
Caroline Fuchs Family
Mrs. Otto Klavervamp
George & Florene Mairs
Samuel & Joann Mairs
Luella Storkamp

LEANDER GEISEL
Leona Geisel
EDWIN GOHMAN
Juanita Gohman

KAY HALVORSON
Edmund Buzicky
Sandra Hegwer
Barbara Jean Ingerson
Mr. & Mrs. Hank Larson
Ann Murray
Mr. & Mrs. Keith Olson
Violet Peterson
Helen Stark
Geraldine Stimmler
George & Jane Strokrich

RICHARD HEGMAN
W. F. Fure
Jean Hegman
Carolene Johnson
Lenore Leigh
Mary Morris
Delores Nelson
Betty Orton
Opal Pilkington

OTTHAR HENNING
Bob & Jeanne Tweedy
ARNIE HINNENKAMP
Mrs. Betty Hinnenkamp
Mrs. Verna Lohmer

KATHLEEN HOKANS
William Hokans

CARRIE HOLLAND
Maynard & Rose Coplan
Beverly Hines
Jim & Mary Jane Lauermann
Bill Perry
John & Shannon Quinlivan
Alice Rogers
John Rogers

Linda Trenz
Stanley
Weinberger, Jr.
JOHN HOLLAND
Mary Jane
Lauerman

ELMER HOLLENKAMP
Laura
Hollenkamp

MARY HUMPHREY
Therese Dozier
Nancy Eder
Mechthild Mueller
Ellis
Catherine Held
Maureen
Jovanovich
Mary Humphrey
Family

Cynthia Kuebelbeck
Clarice Lanz
Tim & Pam Lanz
Nina Polcyn Moore
Mary Pluth

Palmquist
Rosemary Petters
Linda Raine
Fred Traynor
Benhong Tsai
Margaret Uggem
Raymond Wolf
Chen Yee Wong
Brian Tiehan Zhang

WALTER JONES
Helen Jones
Anne Schroeder

ART KOCKLER
Mr. & Mrs. Don Bitzan
Mrs. Donna Kockler

VICTOR KRESBACH
Mrs. Vincent Meyer

ED LATTERELL
Mary Latterell & Family
Faye Reilly

FRED MATHASEN
Mathiasen Family

DON MILLER
Wayne & Jan Miller
Bernadine Roe

MONICA MONN
Mr. & Mrs. Wilfred Schwartz

NON-DESIGNATED

Knights of Columbus 4th
Degree
Father Pierz Assembly
St. Ann's Mission Group
St. Cloud Fire Fighters Assoc.
Wilfred & Mary Schwartz

NEL O'BRIEN
Jack & Rita Lange

DELLA O'MALLEY
Mrs. Ann Murray
Dan & Linda Rudnitski
Lionel & Eileen Spaniol
Elaine Truzinski

BESSIE ORREN
Glen & Betty Orren

JOHN ORREN
Glen & Betty Orren

ANTHONY PICKARTZ
Lillian Pickartz

ROSE RINGSMUTH
Anne Schroeder

MARY SAUER
Jim & Rose Sauer

MARY JANE SCHMITT
Linda Dickson
Deb Frenzle
Rosemary Miller
Joan Scanlon



The American Cancer Society, Minnesota Division, Inc., presented St. Cloud Hospital's Oncology Unit with a custom made oak cart with a 19" TV/VCR combination. The cart has a literature rack at both ends and a cupboard at the bottom for videos and literature storage. It has recessed wheels which allow easy movement. Oncology educator Jane Vortherms and Lori Gardner, RN, OCN, accepted the gift.

CAROLINE SCHRIML
Doreen Kern
JoAnn Lindell & Family
Linda Shultz

EDWIN SCHWINGHAMMER
Catherine Held
Edwin Schwinghammer
Family

MARIE THEISEN
Kathy McNally
Durayne Mitby

ANGELA THOMES
Mrs. Agnes Niehaus

WALBURGA "WALLY" WICKER
Leander Wicker
Mary Ann Woods

ROSE RINGSMUTH
Mr. & Mrs. Earl Mueller

JOYCE LENARZ
Don & Gladys Schneider

JEROME STRACK
Renee Strack
Jonathan Strack

FRANK & ELIZABETH HOBBS
Rosalie & Loren Timmers

RALPH HUNSTIGER
Janie Amundson

PIERCE OLSON
Jack & Janie Amundson

STEVEN JOHNSON
Jack & Janie Amundson

CANCER FUND

RONALD COBORN
Loren & Rosalie Timmers

CYRIL J. BOTZ
Helen Buerkle
Pamela Plank

EDMUND LATTERELL
Sy & Corrine Janochoski

JOE TIMMERS
Loren & Rosalie Timmers

RALPH HUNSTIGER
Bernie Knitch
Monica Daniel
Janie Amundson

RIDELLE DEZURIK
Loren & Rosalie Timmers

MARIE VERSAELIC
Clara Loesch

CARDIAC CARE

JOSEPH KNUTSON
Clara Loesch

NELL O'BRIEN
Loren & Rosalie Timmers

MARIE MERTES
Helen Buerkle

FERDINAND PETERS
Loren & Rosalie Timmers

EDUCATION

THELMA AULING
Beverly & Jerry Timmers

ST. CLOUD HOSPITAL AUXILIARY

Remembrance Fund

July 1, 1992-
December 31, 1992

GREATEST NEED

IMELDA MAEHRN
Myrtle Ahmann

DR. JEROME BALLANTINE
Michael & Kendra
Flanagan

AGNES HABSTRITT
Zita Winkels
Kay Pattison

Angela & Marleen Gambrino
Donna Roisen

Delores & Oswald Markfort
Ervin Erdahl

Loretta Pflipsen
Gene & Betty Bakke

Barbara Brown
Barbara Pappenfus

BEACON

Light

St. Cloud Hospital
1406 Sixth Avenue North
St. Cloud, MN 56303

© 1993 St. Cloud Hospital

SPRING 1993

BEACON

Light

A QUARTERLY PUBLICATION OF ST. CLOUD HOSPITAL



INSIDE THIS ISSUE

Care Network.....	page 1
Charitable Services.....	2
ETC Trauma Registry.....	2
Nurses Making a Difference	3
Cancer Study	4
Interpreter Service.....	5
Hospital Recycles.....	5
Pool Therapy	6
Gifts, Memorials	7

The Beacon Light is published by
the Communications Department of
St. Cloud Hospital, St. Cloud, MN.

Sister Dolores Super, O.S.B.
Chairperson, Board of Directors

John Frobenius
President

Sharon Lesikar
Director

John L. Pepper
Editor

Sarah Koper
Contributing Writer

Peggy Churchwell & Lori Gnahun
Design

Joel Butkowsky, Dean Nagel,
Sue Feigum of Subec Farnis,
Sarah Koper
Photography

SAINT CLOUD
HOSPITAL
A REGIONAL MEDICAL CENTER



St. Cloud

VHA

Member of Voluntary Hospitals of America, Inc.®

♻️ Printed on recycled and recyclable paper

ADDRESS CORRECTION REQUESTED